



## **Gestational Diabetes Fact Sheet**

Gestational diabetes mellitus (GDM) means you have high blood glucose levels (also called blood sugar), but those levels were normal before you were pregnant. Women with gestational diabetes usually have no symptoms and most learn they have it during routine pregnancy screening tests. If you have it, you can still have a healthy baby with help from your doctor and by making some simple lifestyle changes to manage your blood sugar. After your baby is born, GDM usually goes away. However, both you and your child are at greater risk for getting type 2 diabetes.

Research has shown that African American women are less likely to develop GDM during pregnancy. But for those who were diagnosed with having GDM, their future type 2 diabetes risk is the greatest among all race and ethnic groups. **The good news is that if you have prediabetes (or borderline diabetes), our *Change Your Lifestyle. Change Your Life.* (CYL<sup>2</sup>) program can help you make positive behavior changes that will prevent or delay type 2 diabetes and other serious health problems.**

You may be more likely to get “*gestational diabetes*” if:

- You were overweight before you got pregnant; extra weight makes it harder for your body to use insulin
- You gain weight very quickly during your pregnancy
- You have a parent, brother, or sister with type 2 diabetes
- Your blood sugar levels are high, but not high enough for you to be diagnosed with diabetes; this is called prediabetes
- You had gestational diabetes in a past pregnancy
- You are over age 25
- You gave birth to a baby weighing more than 9 pounds
- You had a baby who was stillborn
- You have a condition called *polycystic ovary syndrome* (PCOS)

### **How can you prevent type 2 diabetes if you have a history of GDM?**

- Make healthier food choices, preparing and eating foods that are low in fat, sugar, and calories.
- Just move! 150 minutes of physical activity each week - try walking.
- Lose at least 5-7% of your current weight - that's not a lot.
- Tell your doctor you want a blood glucose test for prediabetes.
- Know your status and what changes you can make to reduce your risks.

### **Calls to Action:**

- Download the [CDC Risk Test](#) and have all adults in your family take it.
- Get a Blood Glucose Test and ask your doctor to explain the results to you.
- [Find a Lifestyle Change Program Near You](#)

**Source:** [Centers for Disease Control and Prevention](#)